



SPECIALTY - GROUP PERSONAL TRAINING

JANUARY - APRIL 2016 SESSIONS 1, 2, and 3

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Kettlebell Training <i>NEW!</i> 7:00-7:45AM Courtney Gym Hall	Boot Camp 5:30-6:15AM Barb Gym		Boot Camp 5:30-6:15AM Courtney Gym	
TRX Training 55+ 9:30-10:15AM Barb Gym		TRX Strength <i>NEW!</i> 9:30-10:15AM TBD Gym			Refit Life - Foundation <i>NEW!</i> VO2 Cardio 8:00-9:00AM Peter Gym 1
Refit Life - Foundation <i>NEW!</i> Resistance 1 10:00-11:00AM Courtney RB Court 1	Refit Life - Foundation <i>NEW!</i> Tempo Cardio 10:00-11:00AM Courtney RB Court 1		Refit Life - Foundation <i>NEW!</i> Resistance 2 10:00-11:00AM Courtney RB Court 1	Refit Life - Foundation <i>NEW!</i> VO2 Cardio 10:00-11:00AM Courtney RB Court 1	10 lbs Down 9:00-10:00AM Cara Varies
	Senior Strength Training 2-3PM Jerry Strength Center				Taekwondo (age 6-adult) <i>NEW!</i> 10:00-11:00AM Chau Gym Hall
Evening					
TRX Challenge 4:45-5:30PM *drop-in w/ pre-approval by Barb Barb Gym Hall	Boot Camp 5:00-6:00PM Courtney Gym 1	Taekwondo (age 6-adult) <i>NEW!</i> 4:45-5:45PM Chau MZ	Momentum 4:45-5:45PM Barb		
Refit Life - Foundation <i>NEW!</i> Resistance 1 5:30-6:30PM Peter Gym 1	Refit Life - Foundation <i>NEW!</i> Tempo Cardio 5:30-6:30PM Peter RB Court 1		Refit Life - Foundation <i>NEW!</i> Resistance 2 5:30-6:30PM Peter RB Court 1		
Fitness Orientation Bypass Class <i>NEW!</i> 6:45-7:45PM Peter Fitness Center			Momentum 5:30-6:30PM Cara Varies		
10 lbs Down 5:30-6:30PM Cara Various	Momentum 6:15-7:15PM *dates may vary from session Courtney MZ		Boot Camp 6:00-7:00PM Barb Gym 2		
TRX Challenge 6:00-6:45PM *drop-in w/ pre-approval by Barb Barb Gym Hall		TRX Challenge 6:00-6:45PM *drop-in w/ pre-approval by Barb Barb Gym Hall	Kettlebell Training 6:15-7:00PM Courtney Gym Hall		
6 or 12 Week Sessions			Monthly Sessions		
Class Titles		Session Dates	Class Titles		Session Dates
10 lbs Down, Aerialates - Cirque-It, Momentum, Kettlebell, Senior Strength, Get Strong Now, Taekwondo, Tennis Ball Therapy, TRX Suspension Training, & Yogilates Sculpt		Session 1: January 11 - February 21 Session 2: February 29 - April 10 Session 3: April 18 - May 29	Boot Camp Classes are monthly Sessions		January 4 - January 29 February 1 - February 29 March 1 - March 31 April
Facility Hours		Childcare Hours (\$)	Other Information		
Monday -Thursday 5:00AM - 10PM Friday 5:00AM - 9PM Saturday 6AM - 8PM Sunday 8AM - 7PM		Monday - Friday 9AM-12PM Monday - Thursday 4:30PM-8PM Saturday 8:30AM - 12:30PM	Fitness class times and dates may change. Visit the website for the most current schedule. Fitness Supervisor: Lori.Resendiz@MaplewoodMN.gov or 651-249-2207 Register Online, or stop in at Customer Service, or by calling 651-249-2230.		

Fitness Specialty Class Descriptions

10 lbs Down - Group Weight Loss (4-8 participants) Connect, Commit, and Change! Comprehensive wellness training, fitness programming, and education in a small group setting. Meets 1 hour/week for 6 weeks: • Body Composition Testing & Measurements • Weekly Exercise Sessions & Fitness Assignments • Weekly Weigh-in & Fitness Tracking • Weekly Group Discussion Topic • Nutrition Tracking Tools & Tips • Weekly Goal Setting. 6 weeks \$68/\$84(non-member)

Aerialates - Cirque-It! (4-6 participants) A dynamic exercise class that combines the aerial arts with Pilates, challenging and inspiring the body and spirit. This artistic movement incorporates Pilates techniques while suspended, using trapeze or fabric for support. Cirque-It combines exercises from the Aerialates® curriculum with standard resistance training for a fast-paced, full-body workout. The Cirque-It program takes participants through a 45-minute workout and is designed to challenge all fitness levels. 6 weeks \$68/\$84(non-member)

Boot Camp (6-12 participants) Boot Camp is designed to challenge every major muscle group. Using a variety of equipment, including your own body weight, your Certified Personal Trainer will blend strength, resistance, cardio and flexibility training, speed and agility drills and stretching into one concentrated workout. 4 weeks \$26/\$36(non-member) or 5 weeks \$33/\$45(non-member)

Fitness Orientation Bypass Class: This class is designed to give youth ages 10 and older who are interested in working out at the Maplewood Community Center, a head start. They will learn basic fitness principles for maintaining a healthy lifestyle. They will also learn about bodyweight exercises and machines that are age appropriate.

Passing this class will qualify the participants to utilize the fitness areas independently and must attend all 4 classes to pass. 4 weeks \$26/\$36(non-member)

Kettlebell Class (4-8 participants) When you want to learn how to use kettlebells correctly and safely! Certified Instructor will teach men and women how to reach high levels of strength. Quickly, safely, with highest industry standards. Other equipment may be incorporated 6 weeks \$68/\$84(non-member) * \$15 for drop-in w/ pre-approval by Courtney

MOMENTUM - Small Group Training (4-8 participants) Do you enjoy small group workouts, support, and accountability? Momentum is for you. You'll keep that momentum going with these weekly group workouts and weigh-ins. Led by a Certified Personal Trainer. **6 weeks \$68/\$84(non-member)**

Refit Life - Three 12-week phases of training: Foundation, Optimize, and Ideal. Each phase is composed of metabolic conditioning, functional integrative strength training, and nutritional guidance. Exercise, Lifestyle, Nutrition: A scientific approach to training that assesses where you are so you know where to start, and gives you a realistic plan to develop your long term potential. 4 days/week for \$150/Month

Senior Strength Training If you're interested in feeling stronger, healthier, and more vital, this program is for you. This 6 week strength training program will increase the strength of your muscles, maintain the integrity of your bones, and improve your balance, coordination, and mobility. In addition, strength training can help reduce the signs and symptoms of many chronic diseases, including arthritis. 6 weeks \$68/\$84(non-member)

Taekwondo There are many benefits of Taekwondo Fitness for all ages. In addition to self defense, confidence and discipline, taekwondo can greatly improve your fitness levels. This exercise works the majority of muscles both upper and lower body and helps increase muscular and cardiovascular endurance. Every person is an individual so it is up to you how much energy you exert into your training. **\$50/Month, 15% discount for 2 from the same family, 20% discount for 3 or more from the same family.**

TRX FUSION (4-8 participants) Use the TRX along with other specialty fitness tools such as Battling Ropes, Kettlebells, Power Wheel, ViPR, etc. to keep your workout uniquely challenging! Build total body strength, balance, flexibility, and joint stability. Sweat! Suspension Training increases caloric demand making it an effective tool for weight loss. **6 weeks \$68/\$84(non-member)**

TRX Suspension Training (4-8 participants) Build total body strength, balance, flexibility, and joint stability simultaneously utilizing a TRX Suspension Trainer. Suspension Training increases caloric demand making it an effective tool for weight loss. **6 weeks \$68/\$84(non-member)**